

Welcome to the Ancora Medical Practice Newsletter

We're excited to bring you the fourth issue of our newsletter! Whether you're a long-time patient or have recently joined our practice, this newsletter is a great way to keep informed with our most recent information.

Hospital at Home

Hospital at Home is a service run by experienced children's nurses aimed at treating children with minor illnesses at home. We have teams at Scunthorpe and Grimsby hospitals, based on our Children's wards (Rainforest at Grimsby and Disney Ward at Scunthorpe).

Both teams take referrals from GP Practices, A&E, Urgent Care Services and their respective assessment units (Rainforest Assessment at Grimsby, Disney Assessment at Scunthorpe).

Inside This Issue:

Page 1: Welcome to our third practice newsletter and Hospital at home information.

Page 2: Sepsis Information

Page 3: NHS Humber and North Yorkshire Medication Waste Campaign

Page 4: Whooping Cough Vaccination Information



Hospital at Home
Supporting Safe Recovery at Home for Children

Ask your doctor to make a referral

Let's keep patients safe, supported, and at home where possible.

To provide a same day, high quality nursing care for acutely ill children at home.

- ✓ Prevent unnecessary hospital admissions/attendances
- ✓ Facilitate safe and early discharge of children from hospital
- ✓ Provide support and education to families, empowering self management and encouraging appropriate use of health care professionals

Conditions
Bronchiolitis
Wheeze
Croup
Gastroenteritis
Fever with known origin


NHS
Humber
NHS Foundation Trust

Sepsis Awareness Month



This Sepsis Awareness Month, take 5 minutes to learn the signs of sepsis in adults and share with your loved ones — it could save a life!

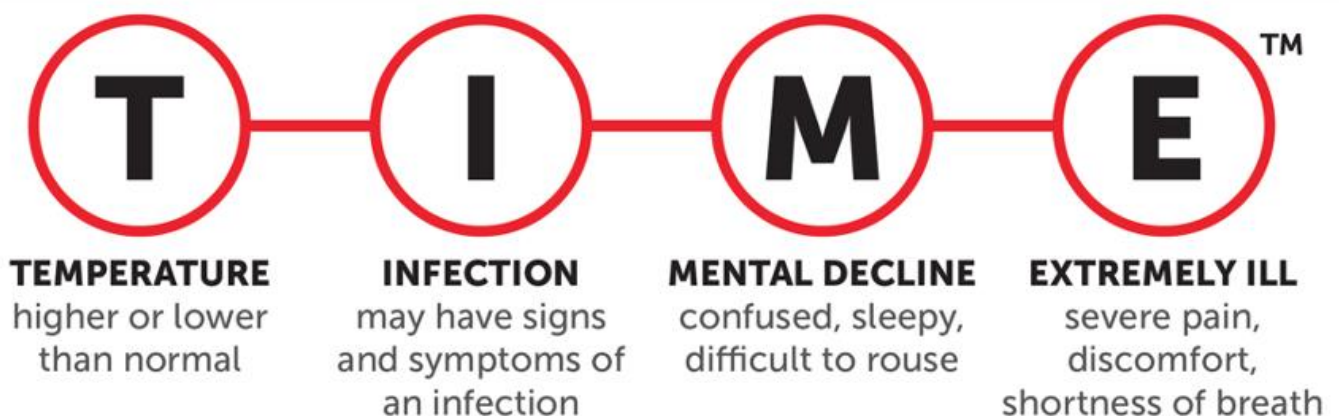
Sepsis is a life-threatening condition, but early recognition often means it can be treated. Awareness saves lives.



Some signs of sepsis as shown are:

- Skin discolouration
- Slurred speech or confusion
- Passing no urine
- Feeling like you are going to die
- Severe breathlessness
- Extreme shivering or muscle pain

When it comes to sepsis, remember
IT'S ABOUT TIME™. Watch for:



If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

NHS Medication Waste Campaign



NHS Humber and North Yorkshire have launched their latest medicines waste campaign - Did you know your local NHS spends over £330 million on medicines every year?

A big chunk of that, **£26 million** is wasted on unused repeat prescriptions.

Before you reorder your medicines, check what you've already got and only order if you're running low — you can always get more when you need it. You'll be helping your local NHS, keeping your home safer, and protecting the environment.

Only order what you need - stay well, stay safe, stay green.

How You Can Help

If you get repeat prescriptions, take a moment each month to check what you really need. Only order the medicines you're running out of — don't worry, you can always order more when you need them later.

Whooping Cough Vaccination

Whooping cough (pertussis) is an infection of the lungs and breathing tubes. It spreads very easily and can be serious.

Public health midwives supporting births across Northern Lincolnshire are encouraging pregnant women to get the whooping cough vaccine.

Dr Gayatri Amirthalingam, UKHSA deputy director, said “We want to ensure every expectant mother is offered the vaccine at the optimal time and understands that this vaccine is the best way to protect their baby during those crucial first weeks after birth. If you are pregnant and approaching 20 weeks, and haven’t been offered the whooping cough vaccine, please speak to your GP or midwife today to find out how you can get your vaccine.”

Please contact our surgery on 01724 842244 to arrange your appointment if you have not had your vaccination and wish to have this!



Alternatively, you can speak with your midwife to arrange the appropriate vaccination.

